



The Plenum School

theplenumschool.edu.in ✉ info@theplenumschool.edu.in ☎ +91 9560978555

BIO RHYTHM

MONDAY - FRIDAY

| | Time | Duration |
|--------------------------|---------------------|------------|
| Wake Up Call | 06:00 AM | - |
| Morning Activity | 06:30 AM - 07:00 AM | 30 minutes |
| Assembly | 08:00 AM - 08:25 AM | 25 minutes |
| Breakfast | 08:30 AM - 08:55 AM | 25 minutes |
| D.E.A.R. | 09:00 AM - 09:25 AM | 25 minutes |
| Academic Period (1) | 09:30 AM - 10:05 AM | 35 minutes |
| Academic Period (2) | 10:05 AM - 10:40 AM | 35 minutes |
| Academic Period (3) | 10:40 AM - 11:15 AM | 35 minutes |
| Morning Snacks | 11:20 AM - 11:30 AM | 10 minutes |
| Academic Period (4) | 11:35 AM - 12:10 PM | 35 minutes |
| Academic Period (5) | 12:10 PM - 12:45 PM | 35 minutes |
| Academic Period (6) | 12:45 PM - 01:20 AM | 35 minutes |
| Academic Period (7) | 01:20 PM - 01:55 PM | 35 minutes |
| Lunch | 02:00 PM - 02:30 PM | 30 minutes |
| English Reading Activity | 02:35 PM - 03:15 PM | 40 minutes |
| Evening Activity | 03:30 PM - 04:45 PM | 75 minutes |
| Astachal | 04:45 PM - 05:00 PM | 15 minutes |
| Evening Snacks | 05:00 PM - 05:15 PM | 15 minutes |
| Prep | 06:00 PM - 06:45 PM | 45 minutes |
| Handwriting Activity | 06:45 PM - 07:00 PM | 15 minutes |
| Remedial | 07:00 PM - 08:00 PM | 60 minutes |
| Dinner | 08:00 PM - 08:30 PM | 30 minutes |
| Lights Out | 10:00 PM | - |

Mailing Address: 3/79 Shivaji Nagar, Gurgaon, Haryana - 122001, India
School's Address: Bagthan, District - Sirmaur, Himachal Pradesh - 173001, India
Social Media: [f](#) [ig](#) [tw](#)





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BIO RHYTHM

SATURDAY

| | Time | Duration |
|--------------------------|---------------------|-------------|
| Wake Up Call | 06:00 AM | - |
| Morning Activity | 06:30 AM - 07:00 AM | 30 minutes |
| Assembly | 08:00 AM - 08:25 AM | 25 minutes |
| Breakfast | 08:30 AM - 08:55 AM | 25 minutes |
| D.E.A.R. | 09:00 AM - 09:25 AM | 25 minutes |
| Academic Period (1) | 09:30 AM - 10:05 AM | 35 minutes |
| Academic Period (2) | 10:05 AM - 10:40 AM | 35 minutes |
| Academic Period (3) | 10:40 AM - 11:15 AM | 35 minutes |
| Morning Snacks | 11:20 AM - 11:30 AM | 10 minutes |
| Movie | 11:30 AM - 02:00 PM | 150 minutes |
| Lunch | 02:00 PM - 02:30 PM | 30 minutes |
| English Reading Activity | 02:35 PM - 03:15 PM | 40 minutes |
| Evening Activity | 03:30 PM - 04:45 PM | 75 minutes |
| Astachal | 04:45 PM - 05:00 PM | 15 minutes |
| Evening Snacks | 05:00 PM - 05:15 PM | 15 minutes |
| Prep | 06:00 PM - 06:45 PM | 45 minutes |
| Handwriting Activity | 06:45 PM - 07:00 PM | 15 minutes |
| Plenum Panchayat | 07:00 PM - 08:00 PM | 60 minutes |
| Dinner | 08:00 PM - 08:30 PM | 30 minutes |
| Lights Out | 11:00 PM | - |

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BIO RHYTHM

SUNDAY

| | Time | Duration |
|----------------|---------------------|-------------|
| Wake Up | 08:00 AM | 30 minutes |
| Breakfast | 09:00 AM - 09:45 AM | 45 minutes |
| Gadget Time | 10:00 AM - 01:30 PM | 210 minutes |
| Lunch | 02:00 PM - 02:30 PM | 30 minutes |
| Evening Snacks | 05:00 PM - 05:15 PM | 15 minutes |
| Dinner | 08:00 PM - 08:30 PM | 30 minutes |
| Lights Out | 10:00 PM | - |

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